

Daily Affirmations- January 2017

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

Affirmations have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Sun	Jan	1 st	You must learn to dance in the rain before you can conquer the storm.
Mon	Jan	2 nd	Live your days, day by day.
Tue	Jan	3 rd	PROGRESS, NOT PERFECTION!
Wed	Jan	4 th	Don't make a permanent decision over a temporary problem.
Thu	Jan	5 th	Leave the stress with your mess!
Fri	Jan	6 th	Do better, in any one thing.
Sat	Jan	7 th	Every out date is a chance at a new beginning, so let's get started!
Sun	Jan	8 th	I get to start a brand new life with a brand new year.
Mon	Jan	9 th	Live, Love, Laugh
Tue	Jan	10 th	Pray every day.
Wed	Jan	11 th	Choose your words carefully for you'll live what you speak.
Thu	Jan	12 th	This too shall pass.
Fri	Jan	13 th	Smell the flowers.
Sat	Jan	14 th	Stay positive. It will be better.
Sun	Jan	15 th	Always smile.
Mon	Jan	16 th	Better late than never.
Tue	Jan	17 th	Ain't ever seen sunshine so I started danc'in in the rain.
Wed	Jan	18 th	Be thankful for today.
Thu	Jan	19 th	Change is up to you.
Fri	Jan	20 th	I enjoy being a community babysitter.
Sat	Jan	21 st	Every saint has a past, every sinner has a future.
Sun	Jan	22 nd	For I know the plans I have for you-plans for good...Jer. 29:11
Mon	Jan	23 rd	I am worth it.
Tue	Jan	24 th	One step at a time. I am stronger every day.
Wed	Jan	25 th	I'm going to do it!
Thu	Jan	26 th	Silence is sometimes the best response.
Fri	Jan	27 th	I will make a different choice today which will change my results.
Sat	Jan	28 th	This too shall pass.
Sun	Jan	29 th	I will never give up!
Mon	Jan	30 th	The most difficult steps are those overcoming the peak.
Tue	Jan	31 st	I break, I heal, I have scars. I will never quit.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

"Be the change you wish to see in the world" - Gandhi

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power. One Day at a Time.